









# Who can become a **SENIOR COMPANION?**

*Persons age 60 and older who are:*

-  in good health
-  living on a limited income
-  able to serve 20 hours per week

# What are the benefits of being a **SENIOR COMPANION?**

-  hourly, tax-free stipend
-  paid vacations and holidays
-  training and education
-  recognition
-  the satisfaction that you are helping an older person live in dignity, hope and self-respect

*If you want to become a*  
**SENIOR  
COMPANION**  
*call 441-7070*

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**SENIOR  
COMPANIONS**  
1005 "O" Street / Suite 300  
Lincoln, NE 68508  
402 / 441-7070


**LINCOLN AREA  
AGENCY ON AGING  
SENIOR  
COMPANIONS**



*Helping Seniors  
Become and Stay  
Independent*

The Senior Companion Program  
is funded in part by the Corporation  
for National Service









# SENIOR COMPANIONS

*People who care  
and can help!*

The goal of the Senior Companion Program is to assist persons 60 years of age or older who want to maintain independent living in their own home as long as it is safe to do so. Senior Companions are trained volunteers who visit on a regular basis. Often the Companions have lived through similar experiences and have the understanding that comes from that experience.

## *Companions will...*

-  Visit on a regular basis
-  Offer one-to-one support and friendship
-  Do crafts, reading, play games, take walks, share memories, or just talk
-  Provide respite so care givers can take a break, knowing their loved one has someone with them

## *Everybody Wins!*

Senior Companions also benefit from the program. They know that someone is counting on them and looking forward to their visits. This unique program provides opportunities for a long lasting friendship for both the older person and the companion.

*If you would like  
to know more about*



# SENIOR COMPANIONS

## *Call*

Butler County - Judy Polacek

David City  367-6131

Fillmore County - Nancy Kohler

Geneva  759-4921

Lancaster County - First Service

Lincoln  441-7070

Polk County - Judy Beatty

Stromsburg  764-8227

Saline County - Sunny Kontor

Wilber  821-3330

 (1-800-778-3309)

Saunders County - Sheri Shaeffer

Wahoo  443-4896

Seward County - Kathy Ruzicka

Milford  761-3593

York County - Carol Barr

York  362-7626

